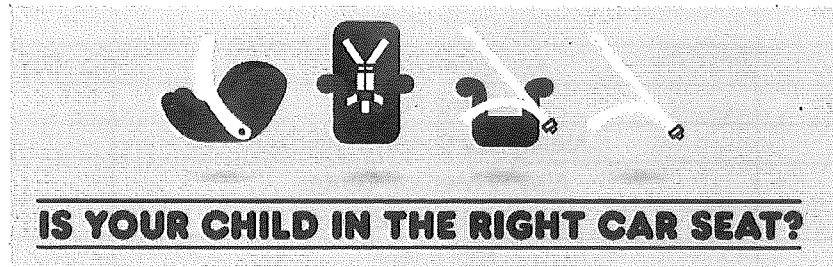


# Child Passenger Safety for Parents and Caregivers



All children must be restrained in an appropriate child restraint system while riding in a motor vehicle, until they reach their 8<sup>th</sup> birthday.

Children 12 years of age and younger should ride in the back seat. The simple task of properly buckling up children in the back seat reduces the risk of being killed in a crash by 33%.

## Rear-Facing Car Seats

All children under the age of 2 must use a rear-facing car seat until they are two years old or reach the highest weight or height limit allowed by the manufacturer of the car seat. For babies that outgrow their infant-only car seat, a convertible 3-in-1 car seat should be used in the rear-facing position until they outgrow the maximum height and weight for the rear facing position.

## Forward-Facing Car Seats

Use a forward-facing car seat when your child is two years or older. Keep your child in a forward-facing car seat with a harness as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.

## Booster Seats

Use a belt positioning booster seat when your child's weight or height is above the forward facing limit for the car seat. Keep your child in a booster seat until the lap and shoulder belts fit properly and until they are tall enough to comfortably bend their knees over the edge of the backseat with their back against the vehicle seat, typically between 8 and 12 years old.

Exception: A child more than 4'9" tall or more than 100lbs is allowed to use a seat belt that has both a lap and a shoulder harness **ONLY** if the child meets the following requirements:

- The child must be able to sit straight up against the vehicle's seat back with his or her knees bent comfortably over the edge of the seat.
- The lap belt must fit low and tight across the upper thighs
- The shoulder belt should rest tightly but comfortably across the child's chest and shoulder (collar bone) without touching the throat.

## Seat Belts

Use a lap and shoulder belt when the seat belts fit your child properly. The lap belt should be low and snug across the upper thighs and the shoulder belt should be across the middle of the chest and shoulder. Children should be tall enough to comfortably bend their knees over the edge of the backseat with their back against the vehicle seat.

## Child Passenger Safety Technician & Instructors

| Albany County      |                             |                      |
|--------------------|-----------------------------|----------------------|
| Christine Akey     | NYS Dept of Health          | 518-402-7900         |
| Laurie Prividera   | AAA Hudson Valley           | 518-426-1000 ext2441 |
| Stephen Giorgianni | Albany Police               | 518-458-5660         |
| Thomas Praisner    | Albany Cty Sheriff's Office | 518-948-0843         |
| Christina Holt     | Albany Medical Center       | 518-262-3773         |
| Timothy Hajec      | Menands Police Dept         | 518-463-1681         |
| Travis Kline       | NYS Police                  | 518-783-3230         |
| Rebecca Ruecker    | Colonie Police Dept         | 518-783-2744         |
| Leonard Fornabia   | NYS Police                  | 518-783-3258         |
| James Waldo        | Cohoes Police Dept          | 518-237-5333         |

| Rensselaer County |  |              |
|-------------------|--|--------------|
| Mary Rita Babie   | Healthy Families of Rensselaer County    | 518-268-6435 |
| Janice Coons      | Capital Care Pediatrics Troy             | 518-272-0232 |
| Leroy Crosier     | North Greenbush Police Dept              | 518-283-6006 |
| Michael Drinkwine | Volunteer Fire Company of Cntr Brunswick | 518-858-3787 |
| Jaime Hamilton    | Rensselaer County Sheriff's Office       | 518-266-1716 |
| Jenelle Wait      | NYS Police                               | 518-279-4426 |
| Peter Zownir      | Rensselaer Police Dept                   | 518-462-7451 |

If expecting, schedule an appointment 1-2 months prior to the due date. Many CPS Technicians and their agencies require appointments several weeks in advance and some moms deliver early.

If your child is already born, know your child's height and weight.

If your child is already born, bring your child with you. If possible, also bring another adult to help watch the child while you are learning.

Using the Child Care Seat Instructions, install the seat into your vehicle prior to your appointment.

Look up "Child Safety Seats" in your Vehicle Owner's Manual. You will learn how a child's seat should be installed in YOUR car. The Car Seat Manual may not reference the requirements specific to your vehicle.

Bring the Car Seat Instructions AND the Vehicle Owner's Manual with you to your appointment.

Be prepared to learn, not just watch the CPS Technician install the car seat. They're trained to teach you, not install for you.

The one-on-one education can take up to 30 minutes, depending on the car seat and vehicle. The CPS Technician should take all the time necessary to ensure that you feel competent and confident in re-securing the car seat into the vehicle and re-buckling your child into the car seat on your own.